

Meal Component Crediting

Meeting the Meal Pattern Requirements

meat / meat alternate

You must serve at least a .25 oz equivalent of any meat/meat alternate to credit the item toward the meal pattern.

Bacon, pepperoni, and cream cheese DO NOT count as a meat/meat alternate.

grain

You must serve at least a .25 oz equivalent of any grain item in order for it to credit toward the grain component requirement.

Check Exhibit A for ounce equivalents. Some items, like cookies, do not credit ounce for ounce.

Breading on meat products (chicken nuggets) does not count toward the grain component in SY 2012-13.

50% of all grains offered over the week must be whole grain.

fruit

You must serve a 1/8 c minimum to credit towards the fruit component.

By SY 2014, frozen fruit items must have 0 added sugar.

Dried fruit credits to double the volume. Example: A 1/8 serving of raisins credits as 1/4 c of fruit.

vegetables

You must serve a 1/8 c minimum to credit towards the vegetable component.

Leafy greens credit at half volume. Example: A 1 cup serving of romaine credits as 1/2 c of green vegetable.

Tomato paste credits to double the volume. Example: A 1/8 c of tomato paste in a pasta sauce serving credits as 1/4 c red/orange vegetable.

milk

8 oz of fluid milk must be offered with each breakfast and lunch.

Only fluid milk served with the meal credits toward the milk component in the meal pattern. Items containing milk do not.



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